

WOMEN'S CONFERENCE REG

2nd Annual Women's Conference Friday, March 10, 2006

Choose Workshops

Session A	1 st Choice _____	2 nd Choice _____	Please Print _____
Session B	1 st Choice _____	2 nd Choice _____	Name: _____
Session C	1 st Choice _____	2 nd Choice _____	Contact Number: _____
Session D	1 st Choice _____	2 nd Choice _____	Email: _____
Session E	1 st Choice _____	2 nd Choice _____	Agency: _____

Conference Location: Bldg 7, Community Education Complex, Chilkoot Ave, Fort Richardson, Alaska.

***Class sizes are limited. Registration begins February 1 and closes February 25, 2006.**

Fax Completed Form to:

Tammie Adair, Army Community Service, Ft. Richardson, Alaska (fax) 907-384-0282 Office 384-0225, OR Donna Shock, Family Support Center, Elmendorf AFB, Alaska (fax) 907-552-0499 Office 552-0370

Session-A 9:45-10:45 am

- A-1 His Needs, Her Needs.** What does your relationship need?
- A-2 Scream Free Parenting.** Parenting methods that revolutionize relationships between parents and children.
- A-3 Getting Started with Ethos Learning!** Take Live Computer Classes, i.e. Excel, Publisher, FrontPage, PowerPoint
- A-4 Ageless Beauty.** A Woman's Guide to Lifelong Beauty and Well-Being.
- A-5 Who Am I? Find your True Color.** Colors Personality I.Q. test! Understanding yourself and others.
- ART Different Strokes!** Learn to Paint with Passion. 4 hr-Workshop, Sessions A thru D. Canvas painting-start to finish.

Session-B 11 am - 12 pm

- B-1 His Needs, Her Needs.** What does your relationship need?
- B-2 Scream Free Parenting.** Parenting methods that revolutionizes relationships between parents and children
- B-3 Building Your Resume.** Federal, State, and Civilian Resume Building.
- B-4 Ageless Beauty.** A Woman's Guide to Lifelong Beauty and Well-Being.
- B-5 BINGO! Let's Play Bingo!**
- B-6 Shake that Junk in your Trunk!** Move to the Music!

Session-C 1-2 pm

- C-1 Who Wants to Be a Millionaire?** Assisting women with financial planning. Maximizing your Investments.
- C-2 Did Someone Say "Texas Hold Em?"** Learning the Basics of Poker.
- C-3 You're HIRED!** Resource Your Employment Opportunities within the community.
- C-4 SPRING INTO ACTION!** "You Don't Bring me Flowers" So I'll create my own! Create a Spring Floral Arrangement.
- C-5 Who Am I? Find your True Color.** Colors Personality I.Q. test! Understanding yourself and others.
- C-6 Defense and Personal Safety.** Reduce victimization through informed decision making and sensible actions.

Session-D 2:15-3:15 pm

- D-1 HIKE, BIKE, KAYAK!** Adventures in Alaska! Create your own outdoor adventures.
- D-2 Did Someone Say "Texas Hold Em?"** Learning the Basics of Poker.
- D-3 Started with Ethos Learning!** Take Live Computer Classes, i.e. Excel, Publisher, FrontPage, PowerPoint
- D-4 Stress Busters:** Techniques for coping with everyday stress. A Woman's perspective.
- D-5 You Gotta Have Heart!** Heart Health. Cardiovascular information for your Health.
- D-6 Shake that Junk in your Trunk!** Move to the Music!

Session-E 3:30-4:30 pm

- E-1 Let's Talk Money...Paper Or Plastic?** Building your own Budget.
- E-2 SPRING INTO ACTION!** "You Don't Bring me Flowers" So I'll create my own! Create a Spring Floral Arrangement.
- E-3 Getting Started with Ethos Learning.** Take Live Computer Classes, i.e. Excel, Publisher, FrontPage, PowerPoint
- E-4 Stress Busters:** Techniques for coping with everyday stress. A Woman's perspective
- E-5 You Gotta Have Heart!** Heart Health. Cardiovascular information for your Health.
- E-6 Defense and Personal Safety.** Reduce victimization through informed decision making and sensible actions.